



## Anticipatory Guidance - 4 Year Checkup

### Family

- Allow 1:1 time for each child in the family
- Maintain consistent family routine
- If in pre-school, advocate with teacher for child with school difficulties/bullying

### Development and Behavior

- Encourage child to tell the story his/her way
- Establish daily chores to develop sense of accomplishment and self-confidence
- Limit TV/computer time to 1-2 hours/day
- Show affection/praise for good behaviors
- Encourage constructive conflict resolution, demonstrate at home
- Encourage self-dressing and allow to choose own clothing at times
- Establish consistent limits/rules and consistent consequences
- Read and discuss story daily

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/sodas/high-fat foods

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Encourage supervised outdoor play for 1 hour/day
- Establish consistent bedtime routine

### Safety

- Lead risk assessment
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach child parents' names/home address/telephone numbers
- Teach how to answer the door/telephone
- Teach self-safety for personal privacy
- Teach street safety/running after balls/do not cross alone
- Use of booster seat in back seat of car if 40 pounds, until 4ft 9in or 8 years old
- Use of helmet when riding tricycle or bicycle